



Lexi's Moroccan Beef Stew

Yield: 4 quarts. Half the recipe for smaller crockpots

5 lbs. stew beef

1 onion

2 cloves garlic, minced

1 tbl sea salt

2 tsp ground black pepper

1 tbl turmeric

1 tsp powdered ginger

1/2 tsp cayenne pepper

2 28 oz cans diced tomatoes

2 cups chicken broth

1 bunch of fresh cilantro,
chopped

1 cup dried parsley, chopped

2 cups raisins

1) Combine ingredients in a crockpot

2) Cook on medium for 4-6 hours, or until the meat is very tender

